

This I believe...making promises that I can keep

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Losers make promises they often break. Winners make commitments they always keep.

~Denis Waitley

I want to be a winner and I believe that others think that way too. However, there is a famous saying that flatly contradicts Denis Waitley – “Promises are meant to be broken.” Is this saying true? Definitely not – I believe in just the opposite.

When I make a promise to my friend, it is not considered as a legally drawn contract, yet she would expect me not to break that trust that we have given to one another. I have made many different types of promises to different people, and in the long run, I have discovered that not all promises are easy to keep.

I am always very confident of fulfilling a promise at that specific moment – but time will show that in certain cases, some promises cannot be delivered because they become too difficult for me to handle.

Unfortunately, when a promise cannot be kept or delivered, it will hurt our friends more than expected, even to the point where a million apologies would not be able to make it up to them and the guilt that is felt after would also make life a little more difficult than it originally was.

I was once confused over this tricky subject, and was reluctant to trust others or allow others to trust me. I feared that I would disappoint others, that others would disappoint me. That is why I understand those with the same unexplainable feeling – I had been in the same dilemma.

An unfulfilled promise of a plush toy for her birthday cost me my childhood friend's tears – that was one of the countless promises and hearts that I had broken, leading me to wonder whether it is right to make promises. These complicated little 'devils' have the ability to both make people smile or make them cry. I was afraid to see my friends' tears but yet I wanted to be the source of their smiles. Strangely, this uncertainty of mine drove me forward, to seek out the answer on my own, to reveal the true personality of a promise.

I embarked on that journey, hoping to find what I am searching for. Others' theories, ideologies and my own 'experiments' provided an answer to many of my doubts, and most importantly, they led me to what I believe today.

I believe that my problem stems from giving out promises too easily, perhaps too eager to please my friends? I want to understand that promises are things that are easily made but not as easy to deliver. I want to comprehend the fact that sometimes, my harmless intention of making a promise can hurt a friend. I want to distinguish between making a promise and fulfilling one.

Yet, I believe that as long as I consider all aspects before giving out a promise, that promise will most likely enable me to see a smile.

